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uilding esteem is a first step towards your happiness and a better life. If you have low confidence or [low self esteem](http://www.more-selfesteem.com/low_self_esteem.htm) you will find it impossible to be the person you could be and your happiness will be limited.

Self esteem increases your confidence. If you have confidence you will respect yourself and then you can respect others, improve your relationships and become happier....this is not a selfish goal as you will contribute more and share yourself with the world and those around you.

Low esteem causes depression, unhappiness, [insecurity](http://www.more-selfesteem.com/insecurity.htm) and low confidence. Other's desires may take preference over yours. [Inner criticism](http://www.more-selfesteem.com/selftalk.htm), that nagging voice of disapproval inside you, causes you to stumble at every challenge and challenges seem impossible.

*How to improve your esteem and confidence*

1. **Face your fears -** challenges seem scary but your fears are usually exagerated. Facing your fears increases your confidence and boosts your esteem.

2. **Forget your failures** - learn from them. Avoid making the same mistakes again but don't limit yourself by assuming you failed before so you can't succeed this time. Try again, you're wiser and stronger.  Don't be trapped in the past!

(POINT 3 IS HIDDEN)

4. **Reward yourself when you succeed.** No-one else will! Isn't everything easier when you take time to help yourself? Make a list of your successes and focus on the positive.

5. **Talk -** We often make assumptions about a situation or person which are not true. Your attitude and behaviour can be negatively affected so if you have any doubt or question ask and don't assume you know why or how. There is much more about this point and about many of the others in a wonderful book I have read recently. I *personally recommend* you to read it too as you're going to get a lot out of it. It's called **[The Four Agreements](http://www.more-selfesteem.com/book/agreementsbk.htm)** by Don Miguel Ruiz, click on the link to order this extraordinary book now.

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| 2-French Midterm on Tues | List -to-do\*\*\*\*\* |
| 3- Translation exam on WED | 1- Quiz CAT on MON |